Missouri Department of Mental Health
Division of Alcohol and Drug Abuse

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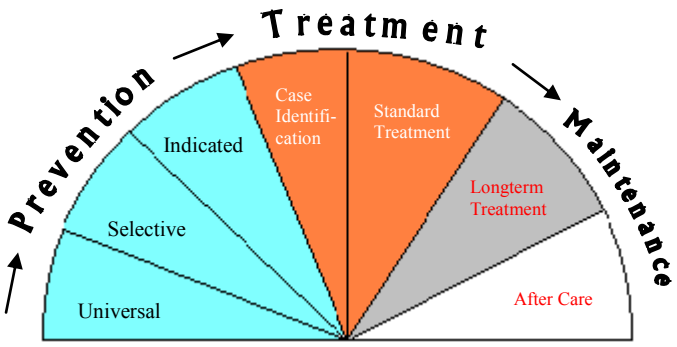
Prevention Programs and Services in Missouri

Prevention

Substance Abuse and Mental Health Services Administration (SAMHSA) defines prevention as a "proactive process that empowers individuals and systems to meet the challenges of life events and transitions by creating and reinforcing conditions that promote healthy behaviors and lifestyles."[1] In broader terms "prevention refers not only to interventions that occur before the initial onset of a disorder, but also to interventions that prevent co-morbidity, relapse, disability and the consequences of severe mental illness for families."[1] The goal of substance abuse prevention is to prevent or delay substance abuse by adopting and maintaining healthy behaviors. The Missouri Department of Mental Health—Division of Alcohol and Drug Abuse (DMH-ADA) uses the broader definition of prevention in developing and implementing prevention programs to minimize the burden of substance abuse.

Continuum of Prevention



According to the Institute of Medicine model of prevention, there are three types of prevention interventions: Universal Prevention, Selective Prevention and Indicated Prevention. Universal Prevention is aimed at people who are not at special risk, Selective Prevention is aimed at those who are at above risk of developing alcohol and other drug (AOD) dependency and Indicated Prevention is aimed at those who show minimal but detectable signs, or symptoms foreshadowing AOD dependency but who do not meet diagnostic treatment criteria. [2]

Prevention Programs & Services

The goal of prevention programs is to reduce the number of persons needing treatment. In Missouri, the extensive prevention effort is implemented through the following programs and services:

1. Community Coalitions
2. Regional Support Centers
3. Statewide Training and Resource Center
4. School-based Initiative (Missouri SPIRIT)
5. The SPF-SIG
6. Direct Prevention Services

Community coalitions are run by community-based volunteers that receive resources, training and technical assistance from Regional Support Centers and Statewide Training and Resource Center. The goal of School-based Prevention Intervention and Resources Initiative (SPIRIT) [3] is to improve overall school performance, reduce incidents of violence, delay the onset of substance use and decrease substance use. Missouri's priority under the Strategic Prevention Framework State Incentive Grant (SPF-SIG) [4] is to reduce the incidence of risky drinking (binge and underage) among adolescents and young adults, ages 12 to 25. Guidance and direction for the grant is provided by the Governor's Advisory Committee, which consists of representatives of state agencies and stakeholders. Evidence-based prevention programs are also provided through direct service providers and college -based services.

International Visibility to Prevention

Community Partnership, a prevention provider in Springfield, Missouri, received an honorable mention at the Mentor International Prevention Awards ceremony held in Saint Tropez, France for their ABC's of Secondhand Smoke program. The program was ranked 3rd among the 14 programs receiving Honorable Mentions in recognition of their drug prevention related efforts. The ABC's program was implemented in 15 Head Starts among 1000 children in rural communities of Southwest Missouri. The results showed that there was a significant reduction in the amount of secondhand smoke children breathed.

Sources:
1. Substance Abuse and Mental Health Services Administration. Prevention Platform—Glossary. http://preventionplatform.samhsa.gov/
2. Mrazek PJ, Haggerty RJ (eds). Reducing risks for mental disorders: Frontiers for preventive intervention research. Institute of Medicine. 1994. National Academies Press.
3. School-based Prevention Intervention and Resources Initiative. http:// www.MissouriPrevention.org/
4. Strategic Prevention Framework State Incentive Grant. http:// www.mospfsig.org/

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